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Celebrity Pg 18

Lingerie model gives advice on courting angels

Police seek 4 in violent robberies

JEWELRY Police are investigating a possible connection between two violent jewelry store thefts within a four-hour period yesterday.

The first incident, in the 4400 block of 17 Ave SE, happened around 4:35 p.m. and a second incident at 7:15 p.m. was in the 1600 block of 14 Ave NW.

In both cases, thieves entered the stores and smashed numerous display cases, making off with undisclosed amounts of jewelry.

Police are looking for four individuals, three described as white males, one a native male, all wearing dark clothes, some having "skulls" on the clothing.

Two people were reported injured in the robberies.

METRO CALGARY

World page 6

Democrats give Obama official nod

Food page 14

Try rapini for a bitter treat

Homes page 10

Decorate with more energy

ROBIN KUNISKI/FOR METRO CALGARY

ABOVE: Investigators picked through the wreckage of the lead Calgary Transit car after it was struck by an Enmax boom operating on the same set of tracks. BELOW: Emergency medical personnel along with firefighters assisted passengers off the hobbled train.

Train, crane collide

Miscommunication blamed for crash that injured six

NEIL MACKINNON
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A collision between a stationary Enmax crane and a southbound C-Train sent six people to hospital with minor injuries, including a child.

The crane's boom cracked the cap of the train right down the centre around 10:14 a.m. yesterday about two kilometres from Dalhousie Station, derailing it while smashing the windshield onto the driver, later removed from the train on a spinal board as a precautionary measure, said EMS' Stuart Brideaux, adding paramedics assessed about 34 people.

Sebastien Gariepy, 27, felt a massive jolt that popped him up off his seat as the passengers screamed and he went to the driver's cab, pulling what was left of the windshield off the unconscious man.

"I'm still shaking a little bit from it, it was quite the experience."

Calgary police blamed miscommunication for the crash, which backed up traffic past 53 St. NW for more than an hour, as Enmax had a request to shutdown the line at 10:30 a.m.

to pull cable for the northwest LRT extension, said Sgt. Joerg Gottschling, and were in the midst of preparing for work.

"There was supposed to be some verbal confirmation before the boom was moved over the tracks and that didn't come," Gottschling said.

A single track will direct C-Train traffic around the affected area and CT's Ron Collins said he doesn't expect any major impacts on service, despite Calgary Fire Department assertions the derailment uprooted rail ties and bent tracks.

Enmax confirmed they were doing planned work on the rail line and they will be conducting their own investigation into the wreck.

OnlineVideos
metronews.ca

More seats opened up at Alberta schools

POST-SECONDARY An announcement by the Alberta government yesterday left post-secondary institutions excited for more wiggle room in program admissions.

By providing $73 million in funding, 4,436 seats opened up around the province in various programs, with 1,335 of those seats going to Mount Royal College for its conversion of applied and university transfer programs to full bachelor's degrees.

"People just need to recognize this is more than just an addition of students, it represents a transformation of Mount Royal," said Dave Marshall, the college's president.

He said growth won't be seen right away, since university transfer students simply have the ability to stay rather than transfer, but there will be growth in the third and fourth years.

The University of Calgary is also eagerly anticipating the fall semester, with the lion's share of its 227 seats being allocated to health-related fields, said Roman Cooney, vice-president of external relations.

He said that it responds to a need that has put "tremendous pressure" on the health system.

"What's great about it is that we have this parallel increase in students and space," Cooney said.

ALICIA FOX/FOR METRO CALGARY

Making room

- The University of Calgary, which has 227 new spots, has recently spent about $1 billion in renovations, construction and upgrades to its campus.

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Stat holiday closures
City administrative offices, as well as arenas and the animal services centre, will be closed this Labour Day Monday. Waste and recycling services will not be affected. For complete details, call 3-1-1. METRO CALGARY

Local

"I heard the train scream in and the train smashed into something ... and everybody was laying on the ground."

Sebastien Gariepy, 27, a passenger aboard the C-Train that collided with the Enmax boom yesterday in the city's northwest.

BT BREAKFAST TELEVISION weekdays at 6 | Citytv ROGERS

City gets planning pat on the back

CITY HALL The City of Calgary's Centre City Plan received the 2008 Award for Planning Excellence from the Canadian Institute of Planners.

"This national award caps a long list of planning accolades the Centre City Plan has received since being unanimously endorsed by City Council," said Mayor Dave Bronconnier.

In its deliberations, the CIP jury referred to the Plan's,"innovative concepts, thoughtful implementation strategy and an ongoing public participation program," as well as its strategy "to overcome the barrier of the downtown rail line, turning it into a means of connecting different neighbourhoods."

Forty-four other documents were submitted.

METRO CALGARY

News in brief

BLAZE Firefighters battled heavy smoke and intense heat in a house fire at 72 Abingdon Cres. NE yesterday. The fire travelled from the basement through the cold air return to involve the main floor, causing extensive fire and smoke damage. METRO CALGARY

Gang crackdown

Police say illegal activity won't be tolerated

NEIL MACKINNON
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All but one of 14 suspected gang members pinched in a yearlong sting are back on Calgary streets.

A joint effort between seven police services and special units took 10 guns, $2.75 million in offence-related and proceeds of crime property and nearly $2 million in drugs out of circulation and should send a strong message to Calgary gangs that their activity won't be tolerated, said acting Staff Sgt. Martin Schiavetta.

"I'm sure it makes a fairly strong psychological impact onto other gang members," added organized crime section Insp. Shaun Gissing.

While more than 100 charges were laid as a result of the investigation, only Justin Rossbach, 25, up on extortion and firearms offences, remains in custody after being denied bail Monday.

"Any time a gang member or a person associated with a violent criminal group is released to the community it presents a great deal of concern to the police service as the onus is on us to suppress gang activity and keep the people of Calgary safe," Schiavetta said.

The announcement of the investigation came less than 24 hours before mayor Dave Bronconnier and police chief Rick Hanson are scheduled to meet with premier Ed Stelmach looking for more police force funding.

ROBIN KUNISKI/FOR METRO CALGARY

Shaun Gissing, Inspector of Organized Crime section for CPS, left, Martin Schiavetta, Acting Staff Sargent for CPS and Gary Graham, Acting Inspector for the RCMP hold gang paraphernalia seized during a year-long sting.

Health-care merger to cost $177M

HEALTH It's going to cost $80 million to cover the costs of merging into a health-care superboard, and another $97 million to help cover deficits within the health regions according to the first-quarter fiscal update. The Calgary Health Region projected a shortfall of $85 million. Health Minister Ron Liepert said there would be considerable savings due to the fact that there would be just one CEO rather than nine or 10.

METRO CALGARY

Lotteries
Lotto 6/49 2, 12, 25, 28, 35 & 48 Bonus 3
These results are not official.

metronews.ca
What's online today.

Read Billy's Best Bottles for a primer on little-known white wines from Alsace
Watch reports on yesterday's C-Train accident and on the food bank's need for more nutritional donations. Also, more coverage of the discovery of a fossilized pregnant turtle.

Don't forget the chili cook-off
Chili enthusiasts are encouraged to head to the Okotoks 8th Annual Chili Cook-Off from 11 p.m. to 1 p.m. this Saturday. Tasters passports are $5 and registration is $20, with all proceeds going to the Okotoks Toy Library. METRO CALGARY

Prof unearths fossil of pregnant turtle

NEIL MACKINNON
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It doesn't look like much more than a hardened heap of mud, some shards of rock and a brown golf ball.

But a 75-million-year-old fossil of a pregnant turtle and a nest of fossilized eggs may shed light on a dark area of turtle evolution and reproduction.

"It's the second fossil animal to be found with eggs inside the body cavity in the world," said University of Calgary paleontology professor Darla Zelenitsky, who also worked on the first, a pregnant dinosaur found in China in 2002. "It's pretty cool and basically, it's an ancestor of most living turtles and tortoises and see how they've changed over time."

ROBIN KUNISKI/FOR METRO CALGARY

Royal Tyrell Museum's Francois Therrien checks out the fossil of a 75-million-year-old pregnant turtle.

The Adocus turtle, found in 1999 by the Royal Tyrell Museum, held 20 eggs and the 45-centimetre nest, discovered in 2005 by Zelenitsky, held 26 eggs in it, both were found in Southern Alberta's Manyberries area, about 85 kilometres south of Medicine Hat.

"It opens up so many areas for exploration and this is just the starting point for some pretty serious research into the evolution of turtles," said the museum's Francois Therrien, adding the fossils will be on display starting Friday for about six months.

OnlineVideos
metronews.ca

Tour hopes to complete Fox quest

ALICIA FOX
for Metro Calgary

CANCER RESEARCH Terry Fox was much more than just a fighter and supporter for cancer research; to many, he's a hero.

Tracy Hansen came out to Eau Claire market yesterday where the Tour of Hope van sat — the very one that followed Terry every step of the way 28 years ago — and the family of Terry Fox greeted Calgarians.

"It was Terry's home away from home." Rolly Fox

"He's my inspiration," said Hansen, who was 10 when she closely followed the runner's journey.

She said that to her, Terry succeeded because the run still goes on every year.

The van Ford donated to Terry back in 1980 was in junk yard condition when they found it, said Terry's father, Rolly, but restoration left the vehicle in original condition.

"It was Terry's home away from home," he said.

ROBIN KUNISKI/FOR METRO CALGARY

Rolly Fox, Terry's Dad, set up in front of Eau Claire Market yesterday. The group is travelling across Canada in the original Terry Fox Ford van to raise support for the Terry Fox Foundation.

It's being hauled on the back of a truck to Victoria, where it will arrive two days before the Terry Fox Run Sept. 14.

It has been on the road since May 25 collecting donations and finishing the trip Terry never had the chance to complete.

News in brief

STRONG WAGES A Statistics Canada report released yesterday indicated Alberta is home not only to the nation's largest pay packets, but also the fastest rising wages at 4.6 per cent last year. The forecast for future pay hikes also looks strong, as demand for labour continues to outpace supply.
METRO CALGARY

"Boomers fuelling property market... real estate prices across the country continue to climb..."
– *Canadian Real Estate*, March-April, 2008

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Montreal protests over cuts to the arts

Hundreds of people gathered in downtown Montreal yesterday to protest government cuts to arts and culture programs. Artists, singers, actors, writers and politicians spoke out against some $48.5 million in funding cuts announced by the Conservative government earlier this summer. REUTERS

Canada/World

TARA WALTON/TORSTAR NEWS SERVICE

President and CEO of Maple Leaf Foods speaks to reporters at Toronto's Maple Leaf Foods headquarters yesterday.

Taking the blame

Maple Leaf CEO says company accountable

Maple Leaf Foods Inc's chief executive said yesterday his company was fully accountable for an outbreak of listeriosis food poisoning, which has been linked to the deaths of 15 people in Canada.

Michael McCain said food regulators or regulations were not to blame for the outbreak, saying there were "excellent" systems and processes in place.

"The buck stops right here," he said.

"We have excellent systems and processes in place, but this week it's our best efforts that failed"
Michael McCain

"We have excellent systems and process in place, but this week it's our best efforts that failed — not the regulators, not the Canadian food safety system," he said.

Samples of two Maple Leaf deli meats tested positive for the same strain of listeria bacteria that has made dozens of Canadians sick, including 15 people who have since died. The company, which faces a series of class action suits, has recalled all products made at the plant. REUTERS

OnlineVideos metronews.ca

It's official: Obama is Democratic nominee

To shouts of "Yes we can," Democrats nominated Barack Obama yesterday as their presidential candidate, a historic first for a black American.

Former President Bill Clinton, who has been slow to warm to Obama after his wife's loss in a bruising primary battle, gave Obama his approval in his address to the Democratic convention.

"My fellow Democrats, I say to you: Barack Obama is ready to lead America and to restore American leadership in the world," Clinton said.

Earlier, in an emotional moment of unity, Sen. Hillary Clinton strode onto the floor of the party's national convention during a roll call of the states and formally asked Democratic delegates to suspend their count and approve Obama's nomination by acclamation.

"With eyes firmly fixed on the future, in the spirit of unity … let's declare together in one voice right here, right now, that Barack Obama is our candidate and he will be our president," she said.

Her request was quickly accepted by the presiding official, House of Representatives Speaker Nancy Pelosi of California.

"Obama is our candidate and he will be our president."
Sen. Hillary Clinton

When Pelosi pounded a gavel to declare Obama the nominee, delegates held hands together up high, danced and swayed to the song Love Train.

Obama's running mate, Sen. Joe Biden, formally accepted the vice-presidential nomination later in the evening and hailed Obama as a wise leader who will steer the country out of the Iraq war. REUTERS

Gustav kills 23 in Haiti, Dominican

HAITI Tropical Storm Gustav left Haiti and the Dominican Republic yesterday after killing 23 people and threatened to head for New Orleans and Gulf of Mexico oil fields.

Gustav is projected to hit the U.S. coast around Monday. New Orleans is on alert and evacuations could begin as early as Friday.

The storm lingered for a day near Haiti, where heavy rains often cause disastrous mudslides. Gustav's rains, predicted to total up to 62 cm in some areas, killed at least eight people in the Dominican Republic and 15 in Haiti, officials said.

Among the dead in Haiti were at least three people killed in a mudslide and another person hit by a falling tree. REUTERS

Thailand **Royalist protests**

REUTERS/SUKREE SUKPLANG

A member of the People's Alliance for Democracy waves a Thai flag at the prime minister's compound in Bangkok yesterday. Thousands of royalist protesters stormed the compound, calling for the demise of the elected government.

News in brief

REAL ESTATE FRAUD Two Vancouver men have been arrested and charged following complaints of fraudulent real estate transactions totalling more than $30 million, police said.

LIBRARIAN JAILED The former top librarian of a Saskatchewan library will be going to jail over a massive book-buying fraud. The Crown said Bruce David Cameron took $1 million over a 14-year period.

METRO NEWS SERVICES

Election appears inevitable

CANCELLED TRIP Prime Minister Stephen Harper gave fresh signs yesterday of triggering a general election soon.

Stephen Harper

Governor General Michaëlle Jean, who would formally be responsible for any election call, was asked to cancel her trip to China to represent Canada Sept. 6 at the Paralympic Games in Beijing.

"It is recommended that it is prudent for the governor-general to be in the country given the current political climate," Harper's press secretary, said.

The soonest a general election could be held is Oct. 14. REUTERS

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Oil rises as Gustav threatens U.S. Gulf
Oil rose yesterday on forecasts that Tropical Storm Gustav will intensify into a hurricane as it ploughs toward the U.S. oil and natural gas platforms in the Gulf of Mexico. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

News in brief

DISPUTE Canadian companies and an investors committee involved in a dispute over a restructuring plan for asset-based commercial paper (ABCP) asked the Supreme Court of Canada yesterday to expedite any hearings it might hold on the matter.

CIBC The Canadian Imperial Bank of Commerce reported lower than expected charges on structured-credit investments as it booked its first profit in three quarters yesterday, giving its shares a hefty lift.

OIL Enbridge Inc. said yesterday it began construction on the Canadian portion of the $3 billion Alberta Clipper expansion project that, when up to full capacity, will enable it to ship up to 800,000 barrels a day of crude oil. The 36-inch diameter pipe is scheduled to be in service by mid-2010.

REUTERS

Petro-Canada restarts key unit

Petro-Canada has restarted a key processing unit at its Edmonton refinery, but will keep alternative gasoline supply arrangements in place to help relieve shortages, it said yesterday.

Petro-Canada said its customers in Alberta and British Columbia — where as many as 90 gas stations have run out of fuel in the past three weeks — would likely see supply improvements by this weekend.

The catalytic cracker at the 135,000 barrel a day refinery suffered an unplanned outage Aug. 3, just as the rest of the plant was shutting down for a major 60-day turnaround.

"Right now, it's producing gasoline and we'll continue to use standard ramp-up practices to move forward on production," Petro-Canada spokesman Jon Hamilton said.

Petro-Canada had planned on the catalytic cracker producing gasoline while the rest of the refinery was switched over to new equipment as part of a $2.5 billion project that will result in the plant processing oil sands-derived crude exclusively.

"We've been able to mitigate some of the supply issues by bringing additional supplies into Vancouver," Hamilton said.

"But we've drawn down inventories to serve as many customers as possible, so we need to continue our additional supply measures to help improve our position." **REUTERS**

Paris **Jordan Energy Commission, Areva sign deal**

PHILIPPE WOJAZER/REUTERS

Areva CEO Anne Lauvergeon signs a commercial agreement with Khaled Toukan, president of the Jordan Energy Commission, during a ceremony at the Elysee Palace in Paris.

Quebec think-tank pushes water exports

QUEBEC A Montreal think-tank says it's urgent for Canada to dip its toe in the water exporting business for financial gain.

For example, large-scale exporting of 10 per cent of Quebec's water — which the paper calls "blue gold" — could generate $6.5 billion each year, said the independent, non-profit Montreal Economic Institute in a report.

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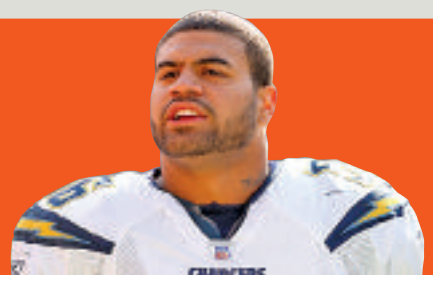
Sakic is sticking around, signs deal with Avalanche
Joe Sakic has decided to play at least one more season and yesterday re-signed with the Colorado Avalanche. Sakic had been deliberating about whether to return for a 20th NHL season. He has inked a one-year deal, financial terms of which weren't disclosed. METRO NEWS SERVICES

Sports



Merriman to play despite injury

Linebacker Shawne Merriman, left, told the San Diego Chargers yesterday that he has elected not to undergo surgery on his injured left knee, and instead will try to play this season despite reportedly having two torn ligaments. According to a story in the San Diego Union-Tribune yesterday, Merriman faces the possibility of career-threatening injury if he tries to play without surgery. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Labour Day Classic brings out emotions

DAN TOTH
for Metro Calgary

Randy Chevrier has seen the annual Labour Day Classic from both sides of the football and knows controlling your emotions is a key to victory.

Regardless, the former Edmonton Eskimos defensive lineman/long snapper, who has toiled for the Calgary Stampeders since 2005, explains losing your cool is a common transgression that has triggered some memorable Labour Day fireworks. A sell-out crowd of 35,650 can expect more of the same when the Stamps host the Edmonton Eskimos Monday at 2 p.m. at McMahon Stadium.

Most notable was a bench-clearing brawl and helmet-swinging incident in the 2003 Classic that led to the ejection of Eskimos receiver Ed Hervey.

"Hervey got thrown out for swinging his helmet, that was pretty crazy," recalls Chevrier, who played two seasons for the Green and Gold, including a Grey Cup campaign in '03.

"We realize this game has implications for both teams down the stretch and in addition to the hate-hate relationship, the importance of the game adds to the intensity and things pile up emotionally."

The Stamps and Eskimos are tied for second place in the Canadian Football League West Division with 5-3 records, two points behind the Saskatchewan Roughriders. The Eskimos won the first meeting of the season in Week 2.

"Football's an emotional game and on Labour Day you have bottled up all of the emotion of a playoff game and sprinkle it on a regular season game and that's the Labour Day Game," Chevrier said.

"You have to keep that emotion in check if you want to win and not get thrown out. You want to keep it in check, but you also have to feel that emotion and bring it at kick-off time because you know the Eskimos will. You've got to have that, too."

"Football's an emotional game and on Labour Day you have bottled up all of the emotion of a playoff game and sprinkle it on a regular season game."
Randy Chevrier

Stampeders head coach John Hufnagel is aware of the passion attached to this game. He points out his troops have already swept a pair of emotional contests from the B.C. Lions this season while splitting games against the Riders, the defending Grey Cup champions.

While the Stampeders have also been plagued by penalties, the team was flagged just six times last Friday in Vancouver. Hufnagel can't help but hope it signifies his team is better able to handle its emotions.

"We'll talk about it but we've had some emotional games already," Hufnagel said.

"Both B.C. games were emotional, (as were) both Saskatchewan games. I think our team has experienced playing in an electrified stadium."

Favourites move on

Second seed Jelena Jankovic and former champion Svetlana Kuznetsova had to work much harder than expected to shake off their opponents in the second round of the U.S. Open yesterday.

Serb Jankovic squandered a match point in the second set before scraping past Swede Sofia Arvidsson 6-3, 6-7, 7-5 and Russian Kuznetsova overcame a slow start to beat Romanian teenager Sorana Cirstea 7-6, 6-1.

Olympic champion Elena Dementieva, however, had no complaints about not playing to her potential after completing a 6-2, 6-1 demolition of Pauline Parmentier of France.

Eighth-seeded Vera Zvonareva became the latest casualty at the final grand slam event of the year, losing 6-3, 6-3 to Tatiana Perebiynis of Ukraine.

Serbian third seed Novak Djokovic survived an injury scare before beating Frenchman Arnaud Clement 6-3, 6-3, 6-4 in the first round of the men's event.

Fifth-seeded Russian Nikolay Davydenko made even smoother progress, charging into the second round with a comfortable 6-3, 6-3, 6-3 win over Israel's Dudi Sela.

Lindsay Davenport defeated Russian teenager Alisa Kleybanova 7-5, 6-3 in the second round.

Former world No. 1 Andy Roddick roared past grand slam veteran Fabrice Santoro of France 6-2, 6-2, 6-2.

Frank Dancevic of Niagara Falls, Ont., lost to 18th-seeded Nicolas Almagro of Spain 6-3, 6-4, 7-5. REUTERS

KEVIN LAMARQUE/REUTERS

Jelena Jankovic of Serbia defeated Sofia Arvidsson of Sweden 6-3, 6-7, 7-5 to advance to the third round at the U.S. Open yesterday.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Tampa Bay 1 Toronto 0
Baltimore 11 Chicago White Sox 3
Boston 11 N.Y. Yankees 3
Cleveland 9 Detroit 7
Minnesota 6 Seattle 5
Texas 3 Kansas City 2
Oakland at L.A. Angels

NATIONAL LEAGUE
Chicago Cubs 2 Pittsburgh 0
Florida 4 Atlanta 1
Houston 4 Cincinnati 1
N.Y. Mets 6 Philadelphia 3
San Diego 5 Arizona 4
Washington 5 L.A. Dodgers 4
St. Louis 5 Milwaukee 3
Colorado at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Boston at N.Y. Yankees, 11:05
Toronto at Tampa Bay, 5:10
Minnesota at Oakland, 8:05
Texas at L.A. Angels, 8:05

NATIONAL LEAGUE
Cincinnati at Houston, 12:05
Florida at Atlanta, 5:10
L.A. Dodgers at Washington, 5:10
Philadelphia at Chicago Cubs, 6:05

CFL

WEEK 10

TOMORROW'S GAME
B.C. at Montreal, 5:30

SUNDAY'S GAME
Winnipeg at Saskatchewan, 1

MONDAY'S GAMES
Edmonton at **CALGARY** 2
Toronto at Hamilton, 5:30

BASEBALL

GOLDEN BASEBALL LEAGUE GAMES FEATURING THE CALGARY VIPERS:

LAST NIGHT'S GAME
Edmonton at **CALGARY**

TONIGHT'S GAME
Edmonton at **CALGARY**, 7

PATIENTS NEEDED for a MEDICAL STUDY

Ipsos-Reid is looking for people currently undergoing treatment for HIV/AIDS to participate in market research exploring the patient perspective on HIV diagnosis and treatment.

Small group discussions will take place at a central location in Calgary September 10.

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It's only natural

Adding feng shui elements can bring the balance home

KIMBERLEY LUU
for Source Media Group

Wood, fire, earth, metal and water.

No, they're not the new superhero team members ready to make their big-screen debut in a summer blockbuster, but instead they are key elements that create a feng shui balance.

At first glance many Westerners dub feng shui a superstitious practice — this writer included — but a deeper look into a philosophy that has been practised for thousands of years, and still continues to make believers out of the worst of cynics, deserves a chance.

So I decided to catch up with Calgary's own feng shui practitioner Carl Klimuk to get to the bottom of this "feng shui" business.

The philosophy behind it, he explains, is your external environment is a direct reflection of your internal environment.

"We are subconsciously attracted to our environment," Klimuk says. That is, your home is the single most important reflection of yourself. But like every soul-searching journey, where do you start?

First is to understand the concept of feng shui. While there are two basic schools of practice, each centres around the same set of principles.

The Bagua, or matrix of which a space is laid, is shaped by rules that govern nature. How the natural elements — wood, fire, earth, metal and water— interact forms the flow of energy in your home or space.

The Bagua

The Bagua can be interpreted a few different ways, but the bottom line is to keep the elements balanced.

This, in turn, allows a good flow of energy, which will lead to a more balanced life.

Once the Bagua is laid out it is in your best interest to keep the elements associated with each zone present and to "cure," (meaning disrupt) any unwanted elements within the space.

Cut the clutter

Both Klimuk and MaryAnn Russell, author of The Feng Shui Factor, Modern Homes Ancient Blueprint stress the need for keeping clutter to a minimum, as energy cannot flow well in a crowded space. "I have never been in an overly cluttered environment where the person's health was optimum," writes Russell. Opening up a space allows for circulation of energy and new opportunities. Once that's out of the way, literally, your next step is lighting.

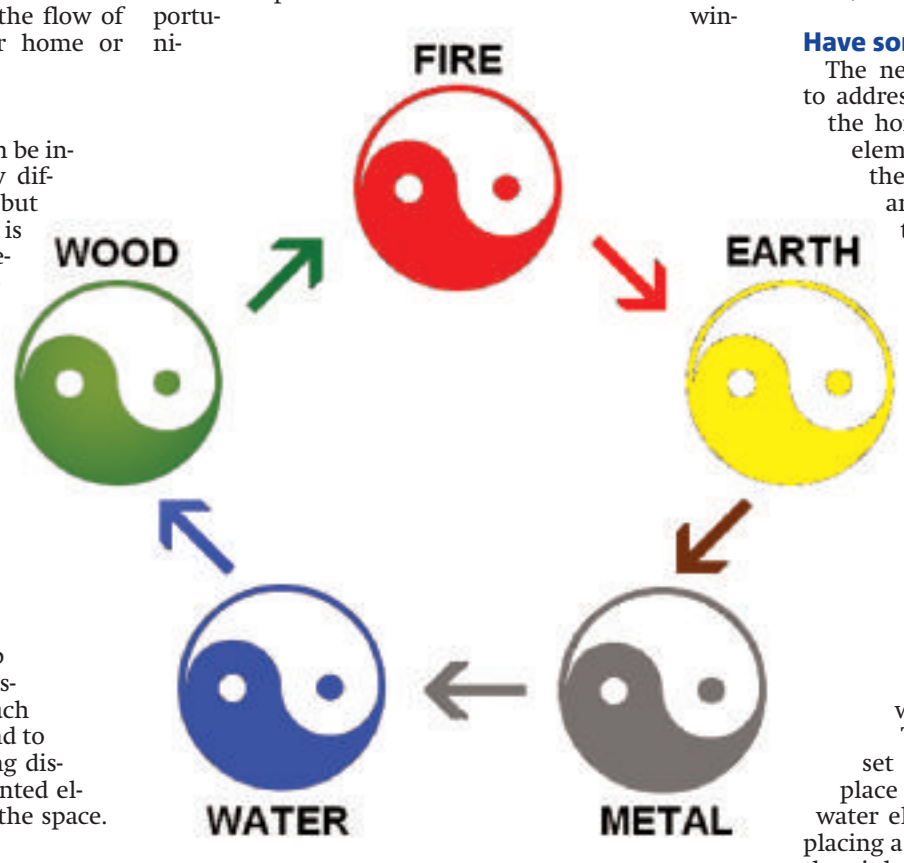


Image below: The Creative cycle of feng shui: Wood burns to create fire, which burns to create ashes and becomes the earth. Earth over a long period of time condenses to form metal. Metal holds water, which feeds wood.

Fix leaks

However, Russell cautions against having too many glass doors, large windows and skylights. True, glass lets sunlight in, but at the same time it can leak energy out as well. Maintaining a balance is key. More obvious leaks include faulty plumbing fixtures and windows that don't shut properly. In fact, even bathrooms leak energy by the constant act of flushing. Of course no home is really complete without one, so there are few ways to cure the leak. If you have the chance to design a bathroom, have the toilet enclosed and separate from the rest of the room. "I realize most bathrooms are not designed with feng shui in mind so it is good practice to close the toilet lid and keep the bathroom door closed when it is practical," writes Russell.

"Most bathrooms are not designed with feng shui in mind, so it is a good practice to close the toilet lid and keep the bathroom door closed." MaryAnn Russell

Have some heart

The next obvious room to address is the heart of the home. With all five elements present in the kitchen the lines are blurred between which elements should flourish and which should be minimized. "When the sink and the stove are aligned directly opposite one another the water is in conflict with the fire element and may result in agitation and arguments," writes Russell.

To avoid this, offset the two to displace the controlling water element. However, placing a live plant next to the sink or on the island between the sink and the stove can make for a more harmonious kitchen when the layout cannot be changed.

Getting in command

The layout of the bedroom can be changed and should be, though to follow the rules of the commanding position. In feng shui, the commanding position is located such that the bed for a bedroom or the desk for an office will never place your back to the door.

This is to provide you an optimal view and command of the space ahead of you while maintaining support, protection and stability in the back. "Ideally, there should be a solid wall behind your headboard or in the case of an office, the chair where you sit," writes Russell. If this just can't be achieved, do not fret, as mirrors can always come into play.

Time to reflect

Using a mirror to provide a rear view of the door will still be beneficial. But that's not all mirrors can be used for as Russell's book proves they can be used as tools to push or deflect energy, draw it in, enliven a space or to cool down the fire element. Placement of such mirrors is essential, for instance avoid having a mirror in the front entrance hall facing the front door.

This essentially pushes energy back out the front door.

Since we're back to the front door, or the beginning, it seems a good place to leave you folks to figure out how to make your home feng shui-friendly. But not empty-handed of course; you'll be armed with these simple, yet possibly life changing, rules.

EDITED FOR LENGTH BY METRO CALGARY

Student housing can have style

ArrestingDesign

It's that time of year again — university and college-bound students will soon be arriving in university towns all across the country. But instead of taking a strictly utilitarian approach to furnishing student housing, why not take several days to decorate with flair and creativity? We know you'll appreciate the effort come those days and nights of studying, assignments and essays.

First of all, new paint is always a crowd pleaser. It is relatively inexpensive, hides dirt and wear and gives a new zip to a well-worn space. Calming and muted colours such as sage or a creamy beige may be best to encourage good study habits, but dramatic colours can be fun, too. You can limit a dramatic shade to one wall, as too much colour in a small space may be claustrophobic. Whatever you do, paint a small sample on the wall before you commit to the colour — we've discovered that shades and hues sometimes do not turn out as expected. And speaking of paint, here is an awesome way to make it do double duty: Look into chalk paint, which now comes in 10 colours including the black and green traditionally used for blackboards.

You can paint the inside panels of a door so that messages can be chalked onto your door, or a wall in the kitchen for shopping lists or for listing kitchen duties, for example.

Here's another opportunity to make a wall more versatile — you can use magnetic latex primer under your paint to make your wall into a huge magnetic board. The primer is black, but several layers of paint in any colour will cover it.

If the owner of the space allows it, you may even wallpaper one wall in a dramatic pattern. Or purchase small squares of interesting wallpaper and frame it as you would frame a picture.

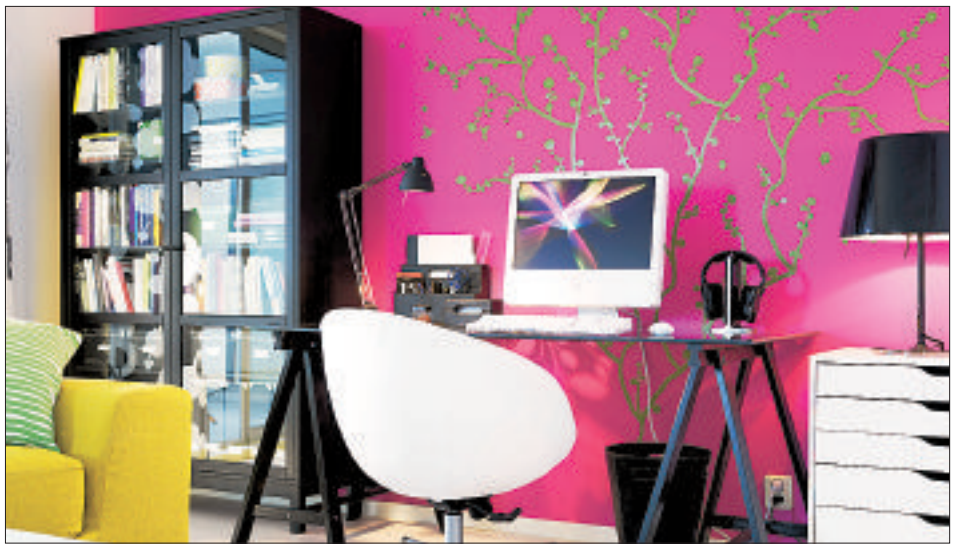
The Home Depot even carries wallpaper made of FSC (Forest Stewardship Council) approved wood.

We also love some of the large-scale wall decals, such as huge 4-foot-high flowers — they can add pizzazz to an otherwise uninteresting space. Check out the Blik brand-name for these.

They are great because they can be peeled off and reapplied in another location. Rugs add comfort and the feeling of home to a space, so they are especially important to the student away from home for the first time. Here, co-ordinating colour is important — either design the colour scheme with the rug in mind, or invest in a modestly priced new one.

Finally, don't forget that fabrics are strong design elements. On a bed, consider investing in co-ordinated bright new linens with matching pillows. If you must drape old furniture with fabrics, make sure these are pretty and match with the colour scheme as well.

With a little extra effort, you'll have such stylish student housing that you'll actually look forward to studying.



The SLATTHULT Japanese birch wall decal from IKEA is a self-adhesive decal that is easy to put up and take down.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

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Leaning towards a buyer's market

ALICIA FOX
for Metro Calgary

If the price is right, the timing is, too. That's what market analysts are saying about Calgary's housing market, identifying now as the ideal time for potential buyers to get out of renting and make the big move.

"It's always better to be an owner than a renter," said Lai Sing Louie, senior market analyst with Calgary Mortgage and Housing Corporation. "This is really a time for buyer's to educate themselves in the market." Since the market peaked last summer, he said, conditions have been closer to market value and sellers can no longer list at above-market prices, adding that there's a lot of supply and not as much demand.

"The bargaining power has moved towards the buyer," he said.

Since Calgary is a young city, Louie said, the cycle will come around again when the market begins to favour the seller and these conditions won't be around forever. Unlike last year when negotiations weren't an option and buyers were desperately scrambling to find a place, regardless of price or condition, the reigns are in their hands now to play with the price and see what they can get.

Louie said there should be more balanced conditions into the next year, but the market isn't so good that you should expect a house to be there forever.

If a buyer is looking on a particular street or neighbourhood Louie suggests snapping it up.

Uncovering hidden problems

• In what's being called a buyer's market, anyone looking into purchasing a new abode might consider giving it more than the once-over before shelling out the cash. Buyers in Calgary are now looking towards getting a home inspected since this year's market sees more opportunities to put conditions in contracts.

"Unfortunately the market has been so tight for labour that there's a lot of people doing homebuilding that are unqualified and unsupervised," said Hugh Swinton with HomeCrafters Home Inspection Services, adding that his company saw a huge drop in business last year but now estimates that 75 to 80 per cent of buyers in Calgary look for inspections and business has really picked up. He said when future homeowners, whether they're experienced or first-timers, are making such a huge purchase, spending the $350 to $500 on an inspection is "nothing." Lai Sing Louie from Calgary Mortgage and Housing Corporation sees home inspections as "prudent," and says that it often reveals things that even the homeowner doesn't know.

METRO CALGARY

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Style

Canadian designers showcase their hottest fall looks, in ELLE Canada's September issue!

STYLE CONTENT BY ELLE CANADA ellecanada.com

ELLE CANADA

PHOTO: LEDA & ST. JACQUES

Meet Coco

Fashion's new star keeps it real.

By **Michelle Villett**
Beauty and Health Editor

Before celebrities replaced supermodels as pop-culture icons, high fashion was synonymous with "high profile." But the new generation of supermodels, led by Canadian Coco Rocha, is the polar opposite of their predecessors: hard-working, fresh-faced and surprisingly attitude-free. On the last afternoon of New York's fall fashion week — a gruelling eight days of back-to-back shows during which most models subsist on caffeine and adrenalin — Rocha not only calls me promptly at 3:00 p.m. but she's also as bubbly as a glass of Veuve Clicquot. "I remember you!" she says, and I actually believe her. We first met in Paris last year, when she made her debut as the face of elle, Yves Saint Laurent's newest fragrance. Then, although friendly, she seemed shy — and still in awe of her new-found fame. A year later, there's no sign of her earlier reticence.

Rocha turns 20 this year and is model-of-the-moment on the catwalk. Besides YSL, she has appeared in campaigns for Balenciaga, Dolce & Gabbana and Lanvin. Now, walking the runway has become routine. "It's funny that you get used to it," she says. "At the last show, there was a new girl. It was [only] her third show this season, and she was nervous about how she should walk. And there's me, saying 'Okay, let's do this!'"

Read the rest of Rocha's story in the September issue.

FASHION KING

The word "style" appears three times on the cover of Yves Saint Laurent Style (Harry N. Abrams). And well it might, for Saint Laurent was a triple threat from the moment he designed his first collection for Christian Dior in the 1960s. Himself the epitome of androgynous chic, he revolutionized haute couture, prêt-à-porter and the essence of femininity. The book is also the catalogue for The Montreal Museum of Fine Arts' must-see Saint Laurent exhibition, on until Sept. 28.

Yves Saint Laurent Style (Harry N. Abrams) **by fashion journalist Hamish Bowles and historian Florence Müller**

EDITORS' PICK

VERY BERRY

Estée Lauder Pure Color Lipstick in Berry Swirl ($30); M.A.C Lipstick in So Scarlet ($16.50)

A red mouth is always *de rigueur* for fall, but this season's take is a deeper, richer hue — think wine-stained lips instead of a perfect crimson pout. "Dab the colour on instead of using a lip brush," says Jane McKay, senior artist for M.A.C. Keep the rest of the face bare, with a neutral blush and some black mascara.

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Body benefits
Rapini is a very good source of fibre, protein, vitamins A, C, E & K, thiamin, riboflavin, niacin, vitamin B6, folate, calcium and iron. METRO NEWS SERVICES

Food

"Rapini can be sautéed, braised, steamed, stir-fried or microwaved."
Barb Holland/for Metro Canada

Cooking
Rapini needs only 2 to 6 minutes of cooking. Don't overcook — you want crisp, green rapini.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

PHOTO COURTESY OF DK PUBLISHING

This recipe is from Food 2.0: Secrets From The Chef Who Fed Google, available in hardcover from Amazon.ca for $17.64.

Google 'great food'

In a cutting edge cookbook for the Internet generation, Google's legendary founding superchef, Charlie Ayers, tells you everything you need to know about the newest nutrition buzzword: Brain food. Raw, organic, and fermented is Ayer's mantra, which is reflected in more than 90 easy-to-prepare recipes. DK Publishing offered Metro this recipe from Food 2.0: Secrets From The Chef Who Fed Google:

Coconut-Oatmeal bars with Chocolate Chips

Pack these in your bag and eat them on the way to work.

INGREDIENTS:
- 60g (2oz) unbleached plain flour
- 1/4 tsp baking powder
- 1/4 tsp fine sea salt
- 115g (4oz) rolled oats
- 115g (4oz) unrefined light brown sugar, lightly packed
- 60g (2oz) dried, unsweetened, dessicated coconut
- 60g (2oz) bittersweet or semisweet chocolate chips
- 85g (3oz) unsalted butter, melted and cooled to room temperature
- 1 large egg, lightly beaten
- 1/4 tsp natural vanilla extract

METHOD:

Preheat the oven to 180°C (350°F/Gas 4). Lightly oil an 8in (20cm) square baking tin and set aside.

Sift the flour, baking powder, and salt into a mixing bowl. Stir in the oats, brown sugar, coconut, and chocolate chips. Stir together the melted butter, egg, and vanilla, then add to the flour mixture and stir just until blended.

Avoid mixing more than needed. Transfer to the prepared pan and level the surface.

Bake until slightly risen, golden, and just firm to the touch, about 25 minutes. Put the tin on a rack and let cool before cutting into triangular or rectangular bars or squares.

Cabbage's curly cousin

À **la** carte

Barb Holland
Metro Food Writer

I was introduced to rapini by cookbook author and colleague Emily Richards, best known as one of the hosts of Canadian Living Cooks, on the Food Network. Emily was demonstrating a recipe from her cookbook, Italian Express (HarperCollins Publishers). She blanched a bunch of rapini, then chopped it and added it to a frittata. I was hooked on its bitter and mustardy flavour. Also known as broccoli rabe, broccoli raab or broccoli di rape, this vegetable does look a little like broccoli with its edible stems, dark green leaves and small bud clusters. Much loved by the Italians, it is a member of the cabbage family, hence the somewhat pungent flavour. After blanching, it is often sautéed in olive oil with garlic, or tossed with pasta such as this recipe.

Also known as broccoli rabe, broccoli raab or broccoli di rape, rapini does look a little like broccoli with its edible stems, dark green leaves and small bud clusters.

Rapini with Pasta and Tomatoes

You can shortcut the big pot of boiling water by cooking rapini quickly in the microwave. If you can find cans of cherry tomatoes, stock up on them; their sweetness helps to balance the rapini a bit. Serve with crusty bread. Makes 4 servings.

INGREDIENTS:
- 8 oz (250 g) penne or rotini pasta, about 3 cups (750 mL)
- 1 bunch rapini
- 2 tbsp (30 mL) olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 14 oz (398 mL) can cherry tomatoes or a 19 oz (540 mL) can chunky pasta tomatoes
- 1/2 tsp (2 mL) red pepper flakes, optional
- 1/2 cup (125 mL) freshly grated Parmesan cheese, more to pass at table
- Salt and pepper

METHOD:

In a large pot of boiling, salted water, cook pasta until al dente. Drain and return pasta to pot to keep warm.

Meanwhile, rinse rapini and trim 1-inch (2.5 cm) off stem ends (compost). Chop rapini into 1-inch (2.5 cm) lengths. Place in a large microwave bowl, add 1/4 cup (60 mL) water, cover and microwave 5 to 6 minutes, or until bright green and still quite crisp (don't overcook). Stir during cooking. Drain well. (Alternately blanch the rapini in the pasta water before cooking pasta. After adding rapini, bring back to a boil, then scoop rapini out and drain. Cook pasta.)

In a large skillet, heat oil over medium heat. Add onion and garlic and sauté a few minutes to soften. Add tomatoes (with liquid) and red pepper flakes. Cook until mixture comes to a boil, reduce heat and simmer a few minutes. Stir in rapini and cook until heated through. Toss with pasta and cheese. Season to taste with salt and pepper and pass additional cheese.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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McCartney to play Israel 43 years after ban
Sir Paul McCartney is to play a concert in Tel Aviv on Sept. 25 — 43 years after being banned from performing in Israel with the Beatles, with the government fearing they would corrupt young fans. **BBC NEWS ONLINE**

Entertainment

Borrowed rights
Hilary Swank, along with producing partner Molly Smith, has acquired the rights to adapt Emily Giffin's New York Times Best Seller, Something Borrowed, to the big screen. TVGUIDE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Verve comeback near perfect

The **Verve**

Album: Forth
Label: Parlophone/EMI
Rating: ⊕⊕⊕⊕

THE VERVE RETURNS after a decade away with a near-perfect album of passive-aggressive Brit-rock. The synth hook on Love Is Noise is clever enough to make some waves on the pop charts, but not quite strong enough to break The Verve free of the radio bondage of its signature hit, Bitter Sweet Symphony. But that's OK. The last thing we want is for The Verve to morph into another Coldplay. The strength of this record is its battle between anthemic pop-rock (Love Is Noise, Sit And Wonder, Rather Be), psychedelic gentility (Valium Skies, Judas) and brain-snatching extended freaks (Noise Epic, Numbness, Columbo). **Graham Rockingham**

Hawksley **Workman**

Album: Los Manlicious
Label: Isadora/Universal
Rating: ⊕⊕⊕

DESPITE THE QUESTIONABLE cover art — picture a bald Hawksley Workman lying in water – and the odd title, the Toronto singer-songwriter's 10th disc might be his best in years. On Los Manilicous, Workman delivers an eclectic mix of gritty tunes that jumps from Big Sugar-like sounds (When You Gonna Flower) to Hot Hot Heat (Kissing Girls) and straight-up radio friendly rock (Lonely People). While some might be put off by all the genre-hopping, the tunes are infectious enough to put the fading Canadian songwriter back on the map. **Bryan Borzykowski**

The Verve have returned with new album Forth, now in stores.

The **Game**

Album: LAX
Label: Geffen/Universal
Rating: ⊕⊕⊕

A GUEST LIST featuring Lil Wayne, Ice Cube and Nas? Impressive. Excessive name-checking? Not so much. Some punchy nods to classic gangsta-rap, cinematic R&B grooves and all bookended by the fiery gospel according to DMX? Impressive. World-out-to-get-me diatribes that come across tired and desperate? Not so much. **Ian Nathanson**

Album**Reviews**
music@metronews.ca

more online
- For more album reviews visit us at *metronews.ca*.

How to catch a roller derby girl

Slick**City**

Heather Setka
slickcity@metronews.ca

If you've never watched a roller derby match-up, you need to know some things. The action is not staged. Suicide seating along the track is at your own risk, and sitting there means you could catch a derby girl in your lap.

Unfortunately, you have to give her back. But here are some pointers to help you keep her for good.

Ink Up: Like her elbow pads, mouth guard and fishnets, a derby girl's tattoos are part of her uniform. That means, once disrobed, her love interest should resemble a used colouring book.

Should you be in the market for some permanent markings, there's no better place to comparison shop than this weekend at the Roundup Centre. The Calgary Tattoo and Arts Festival boasts an international lineup of famous artists, but it also showcases local masters and burgeoning talent. Visit calgarytattoos.com for a complete roster.

Hail a Hot Rod: The only way to catch a fast woman is with a fast ride. Lucky for you, Race City hosts Nitro Madness this Saturday and Sunday. The event includes a static display (read: parked) of dragsters downtown on Stephen Avenue Mall tomorrow night. Speed to racecity.com for detailing.

Rock Out, Punk: A derby gal likes her music loud and live. So you'll probably find one or more in the crowd at tonight's Lagwagon show. She's the lady with as many bruises as tattoos. The Warehouse doors (rear entrance, 733-10 Ave. SW) open at 7 pm.

Learn The Lingo: Derby dames are misunderstood. Or at least their sport is. Here's a crash course (pun intended). A game is a bout. A play is a jam. For every jam, two opposing teams send five players each onto the oval track. The showboating jammers score the points while the nasty blockers on the rival team try to stop them with booty blocks, hip checks or whatever they can sneak passed the refs.

Confused? Search "roller derby explained" on YouTube.

Call Out Her Name: A rollergirl adores attention. Upon glimpsing you trackside as you shout her fake moniker, she will begin plotting a not-so-accidental spill into your lap. Consider yourself warned.

Visit calgaryrollerderby.com for complete bout times at the Stampede Corral throughout this weekend's Tattoo Festival.

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Runway show comes up short
The British version of hit U.S. fashion design series Project Runway has been cancelled. Project Catwalk, which is hosted by Kelly Osbourne, has been dropped from TV schedules after it failed to pull in viewers. **IMDB.COM**

Oprah Winfrey

Winfrey top talk-show earner

TV No one comes close to rivalling Oprah Winfrey as the highest paid talk-show personality, imdb.com reports.

In the latest Forbes magazine list, Winfrey holds the top spot with $275 million US a year, nearly four times the amount that the second person on the list, radio shock-jock Howard Stern, earns each year ($75 million).

Third place wound up in a tie between David Letterman and Judge Judy Sheindlin, who each earned about $45 million, while Dr. Phil McGraw rounded out the Top 5 with $40 million.

METRO NEWS SERVICES

Kids choosing Internet

IntelleVision

rick.mcginnis@metronews.ca

THE FUTURE IS NOW, IT JUST CAN'T VOTE YET: The New York Times ran a story this week putting the usual alarmist spin on what's little more than an unadorned fact; children between 10 and 14, at least according to a recent study, are more attracted to the Internet than the family television set, one of those "water wet; sand dry" truisms that was characterized in the first line by children "spending too much time online."

Eighty-three per cent of the junior high, 'tween and early high school crowd spends an hour or more online every day, as opposed to a mere 68 per cent devoting that much time to television viewing. They use the net to research big purchases such as toys and electronics, and on social networking sites like Facebook and MySpace, but the Times deemed it worth noting that only 60 per cent frequented blogs; frankly, I'm amazed that that many were blog readers, the blogosphere being dominated mostly by vicious and often tedious partisan political shouting matches. (Kids see plenty of that at Thanksgiving and Christmas.)

The Times politely refrained from mentioning what most of them are doing — playing games and downloading music, movies and TV shows, perhaps out of a protective urge to deflect scrutiny from minors until they're in college, and riper targets for alienating intellectual property lawsuits. It's apparently more age-appropriate to repurpose the usual fretting about socially stunted couch potatoes to the new, more interactive medium.

Specious arguments about children spoiled by the Internet's instant gratification aside — let's remember that there's a big difference between learning the virtue of patience and enforcing pointless delays — it looks like kids are simply voicing a preference for the nascent but essentially superior marketplace of the Internet over the constricted and sclerotic model of broadcast television.

These are the demands of future consumers, and the business of providing entertainment had better evolve to suit their preferences by the time they're old enough to get cable; their older brothers and sisters are already eschewing TVs for laptops as they move from dorm room to first apartment.

If we continue telling them that 2008 still needs to look like 1955, they're going to find someone else who'll deliver the goods in a medium that looks more like a Wal-Mart and less like the Gum department store in downtown Moscow in the early '80s.

FILE UNDER OBVIOUS: "The kind of money generated around the industry is way out of proportion," Kiefer Sutherland told the San Francisco Gate this week. "The admiration bestowed on actors is also out of perspective."

The 24 star said that he thought doctors, teachers, firefighters and police officers deserved to be paid more, though he didn't elaborate the precise method he would be using to redistribute his income.

KEVIN WINTER/GETTY IMAGES

Kiefer Sutherland says TV industry pay is out of proportion.

Rick McGinnis writes about music, movies, books and television, but not opera.

Shannen Doherty

Original 90210 stars make up

TV The original 90210 kids long since left high school, and apparently they've left the old high-school drama behind, too, People.com reports.

Shannen Doherty, the most notoriously difficult member of the original cast, says things are positively pleasant between her and actress Jennie Garth on the set of the new 90210.

"There was almost a comfort in knowing that I was getting to work with somebody who had been on the original with me and gone through the same experiences," Doherty told Radar magazine.

METRO NEWS SERVICES

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/28/08 primetime	267	351 - ACCESS	Law & Order: Criminal Intent		Stargate SG-1		Missing "John Doe"		Dogwalker		Help TV
	243	317 3 CFCN	eTalk	Jeopardy!	CSI: Miami		Flashpoint		CSI: Crime Scene Invstgtn.		News (N)
	-	- 4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Democratic Convention		Ugly Betty (HDTV)		Grey's Anatomy		Entertainment
	245	306 6 CBRT	Coronation St.	Who Do-Think	jPod "Fine China" (DVS)		Chocolate Confidential		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	Big Brother 10		Beverly Hills, 90210		Beverly Hills, 90210		News Hour
	246	- 8 CKAL	Friends	Friends	Biography "Elmore Leonard"		Ugly Betty (HDTV)		Biography "Jason Priestley"		Your City
	119	705 9 CBXFT	Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News (N)	Hollywood	Democratic Convention		Big Brother 10		CSI: Crime Scene Invstgtn.		Paid Program
	-	374 14 KSPS	(6) Democratic National Convention (HDTV) (Live)				Sherlock Holmes Mysteries		Globe Trekker (DVS)		Soundstage
	502	390 15 CBC	CBC News: The National		Democratic Convention		CBC News: The National		CBC News: The National		Nature-Things
	-	370 16 KHQ	NFL Preseason Football		Democratic Convention		News		Jeopardy!	Wheel-Fortune	Dateline NBC
	-	373 22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	The Moment of Truth (N)				News (N)
	297	652 37 WPIX	Supernatural (HDTV)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier
news	500	500 29 CNN	(4) Democratic National Convention Democratic National Convention from Denver.						Larry King Live		Cooper 360
	508	502 31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400 21 TSN	(5) U.S. Open Tennis Second Round. (HDTV) (Live)				SportsCentre		Cagefighting Highlights		Poker Night
	408	418 27 net	MLB Baseball		Sportsnet Connected		Saturday Night Poker		Sportsnet Connected		Best-Sports
	410	403 30 SCORE	Hardcore Champ. Fight		Score Tonight		Stump-Schwab	Score Update	Score Update		Score Update
	411	457 44 OLN	Word Travels	Stranded: With	Departures "Thailand"		Pilot Guides		Don't Forget Your Passport		Word Travels
	417	406 48 SPEED	Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out
family	552	543 20 YTV	Drake & Josh	H2O, Just Add	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545 67 TOON	6teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	*Batman-Byond*
cable variety	575	583 11 CMT	Reba	Hope & Faith	Home Improve.	Roseanne	Karaoke Star "Winnipeg, MB"		Reba	Hope & Faith	Home Improve.
	553	546 17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	- 18 CHTV	'70s Show	E! News	Zoe Busiek: Wild Card (N)		*Hush* (2005, Suspense) Tori Spelling, Tahmoh Penikett.				News (N)
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Shopping Bags	House	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House
	521	560 24 TLC	American Chopper		Street Customs (HDTV)		Overhaulin' (HDTV)		Street Customs (HDTV)		Amer. Chopper
	603	561 25 FOOD	Unwrapped	Unwrapped	Secret Life of	Secret Life of	Ace of Cakes	Ace of Cakes	Iron Chef America		Unwrapped
	615	520 26 A&E	The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360 "Fatal Feud"		The First 48 (HDTV)		The First 48
	617	522 32 SHOW	Trailer Park	Billable Hours	ReGenesis "The Trials"		Intelligence (DVS)		G-Spot	Exes & Ohs	Secret Diary
	601	562 33 SLICE	Last 10	Bulging Brides	The Biggest Loser		Rich Bride, Poor Bride		Last 10	Bulging Brides	Biggest Loser
	-	633 34 ENC2	(5:40) *The Sting* ★★★★ (1973, Comedy-Drama)				*Scarface* ★★ (1983, Crime Drama) Al Pacino, Michelle Pfeiffer, Steven Bauer.				
	520	505 35 DISC	Mammals vs. Dinos		MythBusters		Daily Planet		Sport Science (Part 2 of 2)		Mammal-Dino
	620	523 36 BRAVO	(6) *Restoration* ★★★ (1995, Drama)			Cleveland	Law & Order "Blood"		Without a Trace		Entourage
	294	650 40 WPCH	*The Juror* ★★ (1996, Suspense) Demi Moore.				Seinfeld	Frasier	Frasier	*The Juror* ★★ (1996)	
	626	547 41 COM	Laughs	Comics!	Air Farce	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	Reality Bites
	-	539 42 TCM	(6) *The Big Country* ★★★ (1958, Western) Gregory Peck.				*Major Dundee* ★★★ (1965, Western) Charlton Heston, Richard Harris.				
	628	584 43 SPIKE	TNA iMPACT! (N)				UFC Unleashed		Real Vice	Real Vice	Whacked Out
	522	516 45 HIST	Disaster-Cent.	Masterminds	NCIS "The Immortals"		Death on the Eastern Front		Death on the Eastern Front		NCIS
	627	528 46 SPACE	*Recon 2020: The Caprini Massacre* (2004), Kevin Kelsall				Stargate SG-1 (DVS)		Star Trek: Voyager		Star Trek: Ent.
	-	- 47 AMC	(6) *Tomorrow Never Dies* (1997, Action)			*Star Trek: Nemesis* ★★ (2002, Science Fiction) Patrick Stewart, Brent Spiner.					*WarGames*
	619	525 49 TROP	Tube Tales	Vanity Insanity	Inside Hollywood		ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564 50 HGTV	The Fix	Disaster DIY	Junk Brothers	The Big Flip	Holmes on Homes		Restaurant Makeover		The Fix
	501	391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508 70 BNN	Taking Stock		Market Call		Business News	Market Call Tonight		Strictly Legal	Taking Stock
	526	507 92 CLT	(6) Last Chapter		Traders		The West Wing		The District		Last Chapter
	269	350 93 APTN	First Talk	News	Overseas Leg.	From the Spirit	Canadian Geographic		Reel Insights Sled-dogs.		The Mix
	-	- 94 MCP	(6:30) News	News	The Land	Daughters-Law	Vancouver	Main Office	Dheeyan Ghar	Sadabahar	Mor Deo Koi
	571	581 100 MMM	Canadian Idol	Where You At	I Want to Work for Diddy		Party of Five		Canadian Idol Top four.		Canadian Idol
	570	580 101 MM	Muchmsc Ctdn	Instant Star	Instant Star	Instant Star	Technical Diff.	disBand	Pimp My Ride	Technical Diff.	Muchmsc Ctdn
	581	566 102 MTV	The Hills	Super Sweet	Exiled	MTV Presents	MTV Live	After	From G's to Gents		Exiled

critics' corner

Batman Beyond: Return of the Joker
In the darker style of the "Batman Beyond" series, this 2000 direct-to-video movie has Terry, Bruce Wayne's successor, confronting the Joker after the evil mastermind nearly kills Wayne. Voices include Will Friedle, Kevin Conroy, Mark Hamill, Dean Stockwell, Angie Harmon, Teri Garr, Mathew Valencia and Arleen Sorkin. 11 PM on TOON

Exiled
Revenge is sweet! You know all those annoying reality shows focusing on spoiled brats who think everyone should give them everything just because they exist? Well, this series is payback. Those bothersome little gnats from "My Super Sweet 16" are shipped off to live with indigenous tribes all over the world. We're betting the moms and dads in these tribes won't put up with any of the teens' foolishness. 8 PM on MTV

Haute couture in Sierra Leone
Adama Kai, a fashion designer trained in New York and Paris, recently organized a photo shoot in Aschobi, Sierra Leone's capital, to promote her new store and company, Aschobi Designs. "In the same way that Versace stands for Italy ... I want Aschobi to stand for African fashion," she said. REUTERS

Style

Club Monaco's chic new petal pushers

This fall is shaping up to be the season of statement jewellery. Paying homage to its Canadian roots, Club Monaco, the New York-based retail chain, has issued a collection of cuffs, charm bracelets and necklaces with the fleur de lys symbol. The stylized lily flower symbol, long associated with the French monarchy and Quebec, makes for a charming detail on accessories. Perfect for down-on-their-luck aristocrats with loads of style but low on cash. From $149 to $279. Left: Fleur De Lys chain and beads with charm, $79. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Preppy is back

Style File

Kim Elbo
kim.elbo@metronews.ca

ask kim

I want to buy makeup lines like Cargo, Kevin Aucoin and Stilla. Do you know any place in Delta that carry these lines? - Simone, Delta

Try shopping online at *sephora.com* or *beautymark.ca;* they ship all across Canada.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

preppy knits

The preppy look is back in sweaters. Short sleeve sweaters adorned with bows, crescents and stripes are what you'll be seeing in stores this fall. Look out for prep sweaters in the not so usual colours of pink, blue and purple. Try the look with a blazer or a tailored skirt then complete it with a pair of mary jane shoes, like the Lizza shoe in black or gunmetal by Coach.

fall bags

Berry picking season is over but berry-coloured bags are everywhere. Think of under- or over-ripened sweet berry colours of deep purples, blues and even magentas.

accessory
Try out some of fall's hottest cool colours. $10 O.P.I Available at most professional salons across Canada.

Stripes
Designer: Joe Fresh
Shop: Superstore
Address: Various Locations
joe.ca

Bow
Designer: BB Dakota
Shop: Front & Company
frontandcompany.ca

Polo Preppy
Designer: Fred Perry
Shop: Gravity Pope Tailored Goods
gravitypope.com

Messenger Bag
Designer: Matt & Nat
Shop: Spank
Address: Various Locations
spankclothing.ca

Shoulder Bag
Designer: m0851
Shop: m0851
m0851.com

Hand Bag
Designer: Andrea Brueckner
Shop: Kiss & Makeup
kissandmakeupstore.com

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Much ado about Stiller
Ben Stiller will be honoured for his contribution to Hollywood in New York on Nov. 12. The actor/director is this year's honouree for the Museum of the Moving Image's 24th annual black-tie salute. IMDB.COM

Celebrity Buzz

Sheridan, Bolton split

BREAKUP Nicollette Sheridan and Michael Bolton are again going their separate ways, People.com reports.

"Nicollette Sheridan and Michael Bolton have amicably ended their engagement," said Nicole Perna, a rep for the actress.

"They appreciate your respect for their privacy in this matter."

The couple's relationship originally started in 1992, and lasted for five years.

The musician, 55, and the Desperate Housewives star, 44, resumed seeing one another in 2005.

In March 2006, they announced their wedding engagement.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Here's some sexy advice, guys: Shut up

RELATIONSHIPS Victoria's Secret stunner Adriana Lima may be off the market, thanks to her engagement to Minnesota Timberwolves Marko Jaric, but she's still offering tips on how a fella can land his very own angel, the New York Daily News reports.

"Be yourself," Lima told the newspaper in an interview.

"And don't talk about yourself too much. That's not sexy."

So no talking about, say, owning your own private plane?

"No," Lima said with a laugh. "Don't tell me about your jet.

"I'm not interested."

METRO NEWS SERVICES

celebrity brief

Hudson defends self over lawsuit

IN COURT Kate Hudson has fired back at claims she stole the idea for a line of hair-care products, imdb.com reports. The actress was named in a lawsuit which suggests she took a sample given to her by bosses at 220 Labs and created her own line with it with David Babaii.

A spokesperson for the actress denies the claims: "Kate doesn't know the plaintiffs."

METRO NEWS SERVICES

Aguilera wants another

FAMILY Christina Aguilera wants another baby, femalefirst.co.uk reports.

The singer, who gave birth to her first child, Max Liron, in January, revealed she and husband Jordan Bratman hope to add to their brood because they love parenthood so much.

"It is the best thing you will ever do in your life," she said. "It just lights up my whole world when Max laughs ... Being a mother just gives you a whole new sense of purpose, and it's just the most amazing thing. I was in awe of the entire experience of pregnancy — the entire journey was just incredible."

METRO NEWS SERVICES

celebrity brief

Tyler sisters met at Aerosmith gig

FAMILY Model-turned-author Mia Tyler had no idea actress Liv Tyler was her half-sister when the pair first met at an Aerosmith concert, imdb.com reports.

Neither girl had been told of the other's existence, but they instinctively knew they were connected after meeting backstage at one of their father Steve Tyler's shows.

Mia, who was eight at the time, recalls, "There was this girl who looked like me. I went home that night and I couldn't stop talking about her, and my mom was like, 'Wait a minute ...' and I think she started putting two and two together and she was like, 'That's your sister.'"

The Tyler sisters have been inseparable ever since.

METRO NEWS SERVICES

Lohan's daddy is fed up with Ronson relationship

SOUNDING OFF Lindsay Lohan's father Michael has slammed his daughter's rumoured girlfriend Samantha Ronson over reports she is to write a tell-all book about her life with the actress, imdb.com reports.

Lohan and Ronson have been close friends for several years and are now said to be in a relationship.

Now Ronson is reportedly set to reveal intimate details of her life in a new tome.

"She's certainly telling friends she's planning to write a book," a source says. "It's supposed to be about her, allegedly. But come on, you know Lindsay will be all over that book. She's the only one people want to read about."

The rumours have infuriated Lohan's father, who claims the DJ is just using his daughter to get her own slice of fame.

"I've shut up about this long enough," he says. "She's using my daughter. People never even knew who Samantha Ronson was until she met Lindsay. She was just some Los Angeles DJ. And now she's writing a book?

"I am at wit's end with this stuff. This is not in Lindsay's best interest. Let's just say I hope Lindsay starts opening her eyes and realizes who the people using her are."

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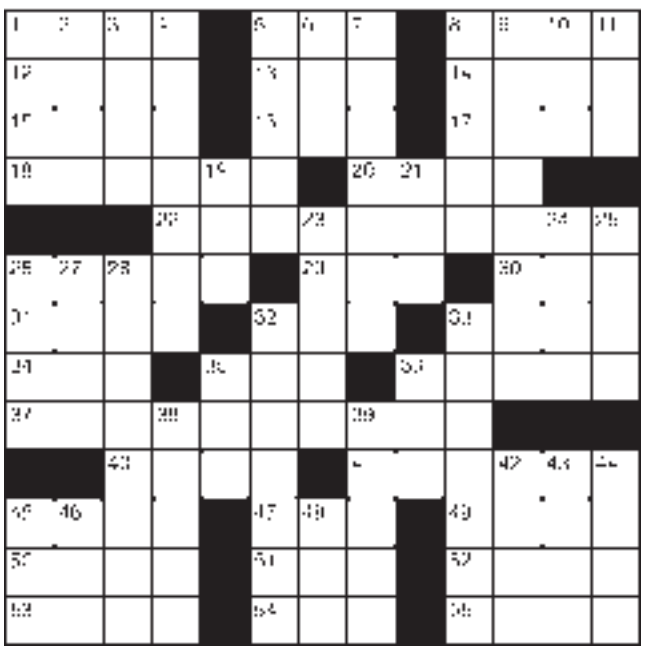
Another Trudeau
eTalk Quebec correspondent Sophie-Gregorie Trudeau and her husband, Justin Trudeau, are expecting their second child. Gregoire-Trudeau says she is four months pregnant. The couple has a 10-month-old son. **ETALK**

Take Five



Crossword down

1 Resorts international?
2 Post-bath application
3 Vicinity
4 Glitch-causing gnome
5 Piece of parsley
6 "I thought so"
7 Cratchit kid
8 Ledge
9 Obliterated
10 Dadaist Jean
11 "Absolutely"
19 Brooch
21 "You've got mail" biz
23 Part of Hispaniola
24 Puncturing tools
25 Bigfoot's cousin
26 Trudge (on)
27 Old Italian coin
28 Food of the gods
32 Putting a whammy on
33 Pirate's weapon
35 Firmament
36 With 37-Across, Batman
38 Final bell?
39 Spirit
42 Tittle
43 Monad
44 No more than
45 Foundation
46 Rd.
48 Payable

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Crossword across

1 Unescorted
5 Weekend abbr.
8 Convince
12 Henry VIII's sixth wife
13 — Beta Kappa
14 Employ
15 Out of the storm
16 Operated
17 Omar of "House"
18 Shrimp recipe
20 Harvard rival
22 Sunrise
26 Unembellished
29 Have a bug
30 Have a balance
31 Describe
32 Muppets creator Henson
33 Fervent following
34 Scepter topper
35 Take a chair
36 Rwandan people
37 See 36-Down
40 Cameo stone
41 Balloon fill
45 Diamond corner
47 Altar affirmative
49 Highly rated
50 Satan's forte
51 Greek consonants
52 Use a teaspoon
53 Transaction
54 Understand
55 Fill till full

previous day's answer

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A neutral party will reconcile combatants. An astonished associate has a bizarre escapade. A witness will respond to rumours.

TAURUS
APRIL 21-MAY 21
Your perspective will dissolve monumental obstacles. A caller will need medical attention. Refuse to regret having a heart-to-heart chat.

GEMINI
MAY 22-JUNE 21
Hasty words will lead to a thrilling predicament. Unconscious urges will ensnare a woman. A practical associate will give a surprising invitation.

CANCER
JUNE 22-JULY 22
Don't pretend that all is well. A co-worker settles into a more stable routine. Get a strong grip on your self-control.

LEO
JULY 23-AUG 23
A vicious woman's hostility brings good fortune. Having your flaws pointed out leads to insights. Put off a demand for the repayment of a loan.

VIRGO
AUG 24-SEPT 22
A rude person will take sides in a dispute. A disorderly guy is chasing after greater pleasures. A business upswing sets plans in motion.

LIBRA
SEPT 23-OCT 23
Someone will escape from a dangerous place. Stand firm on your principles. A bashful person will keep things in line.

SCORPIO
OCT 24- NOV 22
A mature friend meets the challenge of depression. Remain calm and reflect on a revelation. A woman will exceed your expectations.

SAGITTARIUS
NOV 23- DEC 21
A colleague will give you a reward. Anxiety about a job makes for a perplexing message. A religious man is unbelievably optimistic.

CAPRICORN
DEC 22-JAN 20
Don't discuss improper info with a fumbling bureaucrat. Your temper flares, but don't give into it. A feisty woman will have a late bedtime.

AQUARIUS
JAN 21-FEB 18
A man questions the meaning of life. Favourable acts take place in the dark. An arrogant person has a major impact on your decisions.

PISCES
FEB 19-MAR 20
A difficult man will raise complaints. If you let your defenses down, a visit will be fun. Go out for a while when trouble disturbs your plans.

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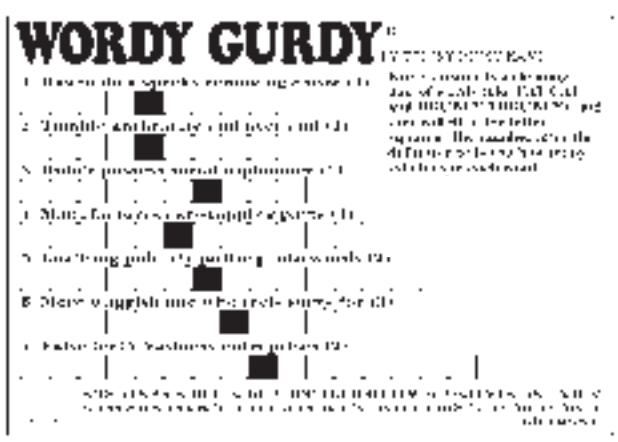

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practising

previous day's answer

1	6	3	8	4	7	9	2	5
7	9	5	3	2	1	6	8	4
4	2	8	9	6	5	1	7	3
2	8	7	4	1	9	3	5	6
6	4	9	5	3	8	2	1	7
3	5	1	6	7	2	4	9	8
5	1	4	2	8	6	7	3	9
9	7	6	1	5	3	8	4	2
8	3	2	7	9	4	5	6	1

Sudoku

	9	3					5	
7					4		9	
2			9		7	8		
	1			9		7		4
5		2		1			6	
		8	2		9			6
	7		6					5
	2					9	3	

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Calgary weather

The Weather Network
theweathernetwork.com

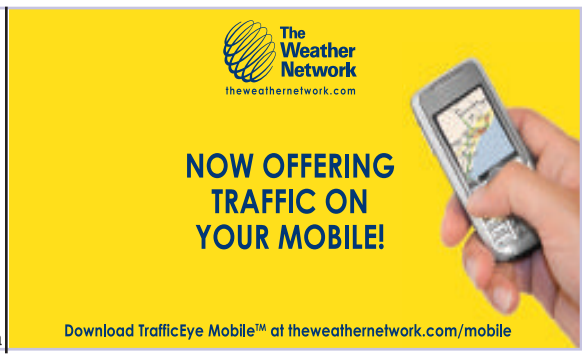
Afternoon	Tonight	Friday	Saturday	Sunday
Partly cloudy. 21°	Clear. Low 8°	Partly cloudy. 22°/8°	70% Showers. 16°/7°	Variable. 16°/6°

Temperature Normals
High: 21.4°
Low: 6.6°

Records
High: 33.9°/1929
Low: -1.1°/1899

Sunrise: 6:43 a.m.
Sunset: 8:29 p.m.
Moonrise: 3:45 a.m.
Moonset: 7:39 p.m.

TWN incorporates MSC data



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Deerfoot Outlet Mall
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Market Mall
Marlborough Mall -kiosk
North Hill Shopping Centre -kiosk
Northland Village
Shawnessy Village
Southcentre Mall
Southcentre Mall -Kiosk
Southpointe Shopping Centre
Sunridge Mall
Westbrook Mall

CANMORE
105 – 802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
6143 28th Ave.
9774 170th St.
10103 107th Ave.
10157 - 101 St.
12804 82nd St.
14808 Stony Plain Rd
18563 Stony Plain Rd
Bonnie Doon
Edmonton City Centre
Edmonton City Centre kiosk II
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Sherwood Park Mall
South Edmonton Common
Southgate Mall -kiosk
St. Albert Centre
St. Albert Trail at 137 Ave.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.

EDSON
330 45th St. Unit 104

FORT MCMURRAY
19 Riedel St.
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GRANDE PRAIRIE
Prairie Mall

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LETHBRIDGE
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